MASQ TRAINING

	Day 1 Upper	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Bench Press		12x3@60-70%	10x3@70-75%	12x2@70-80%	9x2@80-85%	
			on the 60s	on the 90s	on the 60s	on the 90s	
2A	Close Grip Bench Press		4x6	4x6	4x5	4x5	
			3s iso	3s iso	3s ecc	3s ecc	
2B	DB SA Row		4x6	4x6	4x5	4x5	
			3s iso	3s iso	3s ecc	3s ecc	
3A	OH Lat Pulldown		3x8	3x10	3x8	3x10	
			3s iso	3s iso	3s ecc	3s ecc	
3B	2 DB Skull Crusher		3x8	3x10	3x8	3x10	
			3s iso	3s iso	3s ecc	3s ecc	
3C	2 DB Reversre Fly		3x8	3x10	3x8	3x10	
			3s iso	3s iso	3s ecc	3s ecc	

	DAY 2 Lower	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Back Squat		12x3@60-70%	10x3@70-75%	12x2@70-80%	9x2@80-85%	
			on the 60s	on the 90s	on the 60s	on the 90s	
2A	Front Squat		4x6@50-60	4x6@55-65	4x5@60-70	4x5@65-75	
			3s iso	3s iso	3s ecc	3s ecc	
3A	GHR		3x6	3x8	3x6	3x8	
			3 iso	3 iso	3s ecc add wt	3s ecc add wt	
4A	Seated Goodmorning		2x8ea	2x10	2x8ea	2x10	
	*DB on Upper back		3 iso	3 iso	3s ecc	3s ecc	
4B	Side Plank Var		2x20s ea	2x30s ea	2x20s ea	2x30s ea	
			groin	groin	glute	glute	
4C	Ab Wheel Roll Out		2x8	2x10	2x8ea	2x10	
			3 iso	3 iso	3s ecc	3s ecc	

	DAY 3 Total	SETS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	Deadlift		12x3@60-70%	10x3@70-75%	12x2@70-80%	9x2@80-85%	
			on the 60s	on the 90s	on the 60s	on the 90s	
2A	BB Splt Stance RDL		3x6ea	3x6ea	3x5ea	3x5ea	
			3s iso	3s iso	3s ecc	3s ecc	
3A	2 DB Z-Press		3x8	3x10	3x8	3x10	
			3 iso	3s iso	3s ecc	3s ecc	
3B	DB Pullover		3x8	3x10	3x8	3x10	
			3 iso	3s iso	3s ecc	3s ecc	
4A	DB SL Hip Thrust		2x8ea	2x10ea	2x8ea	2x10ea	
	*shoulders elevated		3 iso	3s iso	3s ecc	3s ecc	
4B	DB Goblet Split Squat		2x8ea	2x10ea	2x8ea	2x10ea	
	*drive knee forward		3 iso	3s iso	3s ecc	3s ecc	